

2019-09-04 Dharmette Useful Attitude

Wed, 8/5 6:39PM • 11:50

SUMMARY KEYWORDS

attitude, meditate, meditation, wrong, practice, sit, clothes, relax, happening, accept, fight, technique, mind, meet, defensiveness, hold, foundation, people, monopoly, loving

SPEAKERS

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So, a huge part of meditation is the attitude with which we meditate. Some people get caught up in the technique, or the idea of what they're supposed to attain before, they've kind of established a useful attitude about how to be here with their stuff. Some people bring with them all kinds of attitudes, which are habits that they have, you know, attitudes which they've somehow cultivated, received, lived with for maybe a lifetime. So some of these attitudes conversely, attitudes like this, I'm being asked to do something, and I have to succeed and I can't fail. For some people, it's the attitude that there's something fundamentally wrong with me. And maybe meditation is going to fix it. But I'm so wrong, that it's probably not gonna do anything for me or there's kind of this background kind of attitude that just kind of lingers there. So, long list probably of attitudes. So sometimes it's useful when we meditate to actively reframe the attitude in which we're going to meditate to actually think about meditation, not just kind of, you know, show up for meditation, with all the old habits and attitudes as if that's kind of second nature and they just come along. Of course, it should be that way. But actually consider a little bit, what would be a useful attitude to have when you sit down to meditate and so one of them was, which I mentioned earlier, is the idea that when you sit down to meditate, you're in your safe place. You're safe. I think it's kind of like a monopoly we use there isn't at home and monopoly, you'll get all the way around, you come to home and home that no one can no one can get you. No one can do the monopoly thing with you and they get sick, you can't go to jail, you can't, whatever you're like, when you're home, you're really safe. So, in when you sit down to meditate, it's your safe place. And so that's an attitude. They're out here. Now I'm saying this is good. But part of that is to the, the idea that something's wrong with me. And all the different variations of that could be I'm not good enough or something. That meditation is a time to assume That you are good enough that who you are, and the way that you are, is, is fine, that you're allowed to be yourself that this is the one place where you're allowed to be yourself. And if you sit down to meditate, and you're enraged in a way that most of your friends and family would be horrified to know. When you sit down to meditate, you're allowed to be that way. Because meditation, you're not going to hurt anyone, you're not going to say anything or do anything. You probably should not be planning revenge in meditation. But to simply allow the meditate law allow, how you are to be there, as if this time the safe place. I'm on Not to be this way. If you're afraid or if you whatever way you are, this is a time you can assume that you're okay. Almost like assume there is no problem here with me. Occasionally we meet people who treat us that way. And I'll tell you a little story from yesterday that was a little bit inspired this, this idea and I met this woman who said earlier in the conversation said she was really practicing now to learn to accept all people. And this is a person who has a background or in our society would generally not be accepted by a good percentage of people in our society. That's just how the person walks in. A lot of people wouldn't. And enough people wouldn't. But she was going to her practice was she her prank was to accept everyone so that she said Earlier in the conversation, someone else in the group commented about her clothes

how wonderful her clothes were. And they were rather flamboyant. And, and then I said, You know, I and you know, and I'm just I were kind of boring. You know, as a Norwegian, I were kind of boring clothes. And she looked at me in the most kind of kind of generous, simple, relaxed way and say, you're wearing the clothes, it was just perfect for you. And I realized that I had just put myself down a little bit maybe I was I was trying to maybe be socialist do something, you know, and Baker more comfortable. I don't know what I was trying to do. And, and, and she kind of like, you know, she looked at me like, you don't have to do that. This is your way this is how you are. And not that. Wow, that was pretty Cool, she's practicing her acceptance right here. So the attitude of sitting down and offering that to yourself. Start as if there's actually nothing wrong with you. If, if there happens to be something wrong with you, you probably giving yourself lots of time and practice to believe that, to think that you're allowed to not do that non stop. You're allowed to sit as if there's nothing wrong. And if what's happening are tears. What's happening is joy, what's happening, your mind is racing and you're thinking a lot. That kind of mind which most people would think is not a meditative mind. It's not calm. Maybe you want to fight that or see that as wrongs. It's that's how it is now. This is what's happening. This is how your life is now. This is your way now. And that attitude that you haven't done nothing wrong with you and this is just what's happening. This is this is what's happening for you now. It's like, there's no mistakes. And this is what's the deal is for me now and I'll hold it as if you know, this is, this is what's supposed to happen. It's gonna be kind of like someone coming up to you. And just unconditionally caring for you and loving you for where you are. And something inside of you relaxes. Something softens something, that defensiveness that trying to prove ourselves or trying to fight against ourselves or, you know, we get things like I had yesterday, this woman said, you know your way your dresses, just your way and I kind of just delighted by this is coming while this was cool. And, and so something something something can shift and move and unfold and heal with the attitude of, there's nothing wrong with me this is the way I am. This is my way this is my functioning in this particular time in place. This is my way of suffering. And now this is you know, and, okay, we have you know, I've heard that people suffer and this is my way and hold that and be with that. If you can cultivate that kind of attitude, then it can be much more appropriate or easy or useful to maybe try to cultivate more stability in practice or try to get more fun Focused or tried to do loving kindness practice or to kind of, you know, engage in what we call maybe technique of meditation practice. But the technique is really on a foundation that actually I don't have to be successful in meditation, I don't have to do it right. Even if I don't do it, right, it's probably guess it's just my way. And I'll learn and practice and find my way and so with that kind of attitude, there's also a good little bit of, you know, learning from that what it's like and learning then you know how to navigate your inner life in such a way that you're more relaxed, not fighting it not struggling with it, not holding on, not giving in to some of the habits of mind and attitudes, which are actually hurting you. But not because you're fighting them or in conflict with them. It's because you see what you're doing, and you hold it in a kind way in accepting way. This is how it is now. There's nothing wrong here.

It is just a little bit weird maybe. But you know, we're all odd. So it was just kind of okay. This is how it is now. So you don't have to go into meditation

to sit down to meditate and carry with you, maybe unconsciously, all the regular attitudes about life and yourself that you carry with you through life often kind of unreflectively. You can sit down and consider what would be a wise attitude to have here to meet here. And then what's an unwise attitude to have, that it's not going to be in conflict with all the other attitudes and one The attitudes I'm proposing here is the attitude that there's nothing wrong with you. There's nothing wrong with what's happening right now. And then with that foundation, maybe you could just start meditating and opening and relaxing with what, what's here and find your way forward. And in any case, it's probably true that there's a lot less wrong with you than you realize. It's probably true that you're much more beautiful and precious than you realize. So may you relax